

# BE A SCHOOL NUTRITION CHAMPION

## Make time for lunch

Most schools offer students choices at mealtime. Help plan school schedules that allow students enough time to make healthy choices and enjoy the meal. Consider the option of scheduling recess before lunch for younger students. Studies show students eat more lunch when they have already enjoyed recess.

## Expand your school breakfast program

Studies show students who eat school breakfast have:

- Better nutrition
- Fewer sick days
- Fewer disruptive behaviors
- Better school performance

Research is positive. School breakfast is linked to higher average daily attendance.

## SUPPORTING THE NEW SCHOOL MEAL PATTERN STANDARDS IS IMPORTANT FOR STUDENT HEALTH AND SUCCESS

- BEING SEEN in the cafeteria sends students a message that you care about what they eat.
- ENCOURAGE TRAINING: New meal pattern training opportunities are available throughout the year from School Nutrition Programs.
- BE KNOWLEDGEABLE of the changes and the new meal pattern.
- INFORM parents and teachers about the healthy new meal patterns.
- SUPPORT nutrition education in the classroom.

## HAVE QUESTIONS? CONTACT US!

**School Nutrition Programs**  
Office of Public Instruction  
PO Box 202501  
Helena, MT 59620-2501  
(406) 444-2501

**Montana Team Nutrition**  
Montana State University  
PO Box 173370  
Bozeman, MT 59717  
(406) 994-5641



opi.mt.gov

[http://opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/](http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/)



# Understanding the New School Meal Pattern

*Information for Montana School Administrators and School Boards*



School Year 2012-13



opi.mt.gov

**Montana  
Office of Public Instruction**  
Denise Juneau, State Superintendent

# SCHOOL MEALS + YOUR SUPPORT = HEALTHY AND SUCCESSFUL STUDENTS

## KEEPING SCHOOL NUTRITION PROGRAMS HEALTHY AND UP-TO-DATE

The Healthy Hunger-Free Kids Act of 2010 enacted new school meal patterns designed to help children maintain healthy weights and enjoy good health today and in the future. The changes to the meal pattern are the first in over 15 years. The goal is to have all school lunch trays meet the 2010 Dietary Guidelines for Americans and look like USDA's My Plate icon.

***By school year 2012-13, all schools must offer lunch menus that comply with the new meal pattern requirements.***



## HEALTHY BODIES FORM STRONG MINDS

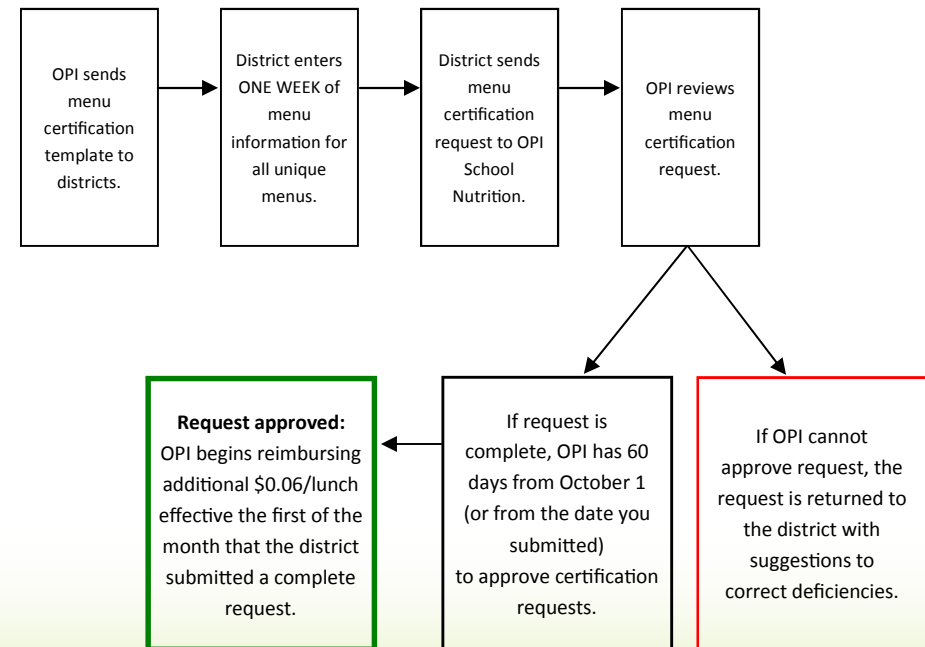
- The new meal pattern keeps children well nourished so that they are ready to learn in the classroom.
- The addition of vegetable subgroups to the menu will help ensure that all students get the vitamins and nutrients they need to succeed.
- Children that are well-nourished are better able to focus in class and to behave better in and out of the classroom.

## WHEN A SCHOOL SUPPORTS SCHOOL MEALS, SCHOOL MEALS SUPPORT THE SCHOOL

During school year 2012-13, all districts in Montana must certify that they meet the new meal pattern. Once a district is certified as meeting the pattern, they will receive an additional 6-cents for every reimbursable meal served.

Many school meal programs are self-sustainable. School nutrition programs with higher student participation are financially stronger.

## HOW TO GET YOUR 6 CENTS: TIMELINE FOR CERTIFICATION OF MENUS



***School meals teach life-long eating habits. Do your part to help make school meals an integral part of the school day.***